

# Children's Environmental Health Month

Children thrive with clean air to breathe, clean water to drink, safe food to eat, and a healthy environment in which to learn and grow. Children are more vulnerable to some environmental risks than adults for several reasons:

Children's nervous, immune, digestive, and other systems are still developing and their ability to metabolize or inactivate toxicants may be different than adults;

Children eat more food, drink more fluids, and breathe more air in proportion to their body weight than adults; and

Children's behavior—such as crawling and placing objects in their mouths—may result in greater exposure to environmental contaminants.



## CHOICES:

- ✓ Help children breathe easier by not smoking near them.
- ✓ Protect children from lead poisoning. Observe National Lead Poisoning Prevention Week in November. Call 1-800-424-LEAD for more information.
- ✓ Keep pesticides and other toxic chemicals away from children.
- ✓ Protect children from carbon monoxide (CO) , radon, and mercury.
- ✓ Protect children from contaminated fish and polluted water.
- ✓ Protect children from too much sun.
- ✓ Limit your child's outdoor activity on days when pollution levels are high and could lead to respiratory problems.
- ✓ Visit: [yosemite.epa.gov/ochp/ochpweb.nsf/content/homepage.htm](http://yosemite.epa.gov/ochp/ochpweb.nsf/content/homepage.htm) for more tips on how to protect children.



## OCTOBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	Columbus Day 8	9	10	11	12	13
National Children's Day 14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Halloween 31			